GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Here's a shopping guide you'll find handy in planning family dinners for 12 to 25 people. For hearty eaters, better increase the amounts slightly - - to alow for second helpings. If serving more than one meat, this too, must be accounted for when planning the amount to buy.

ROAST TURKEY - Allow ½ to ¾ lb. ready - to- cook weight per serving. For 12 persons buy a 10 to 12 lb. turkey (ready-to-cook weight). For 25, get a 16 to 21 lb. turkey.

HAM [Uncooked]: Allow ½ to ¾ lb. per serving. For 12 people get 6½ to 9 lbs. bone-in, or 4½ to 5 lbs. boneless ham. For 25 people, allow 12 to 18 lbs. bone-in, or 8 to 9 lbs. boneless.

STANDING RIB ROAST [Beef]: Allow ½ to ¾ lb. bone-in roast per serving. For 12, 6 lbs.; 10 lbs. (7 ribs) for 25.

MASHED POTATOES: For 12, 3 to 4 lbs.; you'll need 7½ lbs. for 25 people.

SWEET POTATOES OR YAMNS: (candied) For 12, 4 lbs. or 3 No. 2 cans. For 25, allow 9 to 10 lbs. or 6 No. 2 cans.

PEAS: For 12, three 12-oz packages, frozen or 3 No. 303 cans. Get 5 12 oz. packages frozen, or 6 No. 303 cans for 25.

PUMPKIN OR MINCE-MEAT PIE: For 12, two 9" pies, For 25, five 8" pies.

COFFEE: Regular grind: for 12, 1½ cup: for 25, ¾ lb. Instant Coffee: for 12, ½ cup; for 25, one 2-oz. jar.

RECIPE OF THE WEEK

Broccoli Casserole

1 box frozen broccoli floreta
8 oz. grated medium cheddar cheese
1 can cream of mushroom soup (undiluted)
2 eggs
1 tbsp. minced dehydrated onion (better than raw)
½ cup mayonnaise
crackers for topping

1. Cook broccoli according to pkg. directions. Set aside.
2. Mix: eggs, mayonnaise, salt, pepper, onion, cheddar cheese, and soup.
3. Combine all ingredients.
4. To with crumbled crackers.
5. Bake at 350 degrees F. for 35 minutes.

Revival

New Testament Baptist Church, 14th and Hendricks Streets, Lynchburg, Virginia, November 28, 29, 30 each evening at 7:30. Dr. Harold Sightler, from Greensville, S. C. will be preaching each night.

Dr. Sightler is heard daily on radio station WTTX.

Everyone is invited to these services.

R. B. Baber, pastor.

Evergreen

Mr. and Mrs. Vester Garrett of Lynchburg, visited in the homes of Mrs. Florence Bartlett, Mrs. W. C. Garrett, and Mrs. Clara Garrett on Sunday.

Mrs. E. W. Paulette, Sr. has returned to her home after spending some time with her son-in-law and daughter, Mr. and Mrs. Harry Mott of London, Ontario, Canada. Mr. and Mrs. Mott returned with her to spend the Thanksgiving holiday here.

E. W. Paulette, Jr. and Rajah Yacoob Jadallah, of Palestine, both students at Bluefield College, are spending the Thanksgiving holiday with his mother, Mrs. E. W. Paulette, Sr.

Rev. and Mrs. Bob Harris were week end guests of his mother, Mrs. Earl Harris.

Mr. and Mrs. J. K. Paulette of Lynchburg, were guests in the home of Mrs. W. C. Paulette on Sunday.

Mr. and Mrs. Harry Mott and Mrs. E. W. Paulette, Sr. spent Tuesday at Virginia Beach, Va.

Mrs. Dan Edwards and sons, Wayne and Kenneth of Franklin, Va. are spending the Thanksgiving holidays in the home of her parents, Mr. and Mrs. W. DeWitt Harvey.

Miss White's 4-H Class

Friday, November 15, 1974, was 4-H day for Miss White's class.

Our president Richard Guill opened our meeting by having Mike Shupe and Connie Tolley lead us in the 4-H pledge and the pledge to the American Flag.

Then our recreation leaders, Terri Robinson, Mary Hudson, and Tony Webb led us in these songs, "The More We Get Together" and "The Noble Duke of York."

Mrs. Walton showed us how to make junk into Christmas treasures. Medicine bottles were made to be vases and buttons and wire were made to be flowers in the vases. Mustard candles and flower pots were made. Saucers were made to be candle holders. Card holders, Christmas tree ornaments of milk weed pods, lids and plastic containers were part of the treasures.

Reporter, Donna Robinson

Mt. Zion News

Services for the third Sunday, November 17, 1974. We were happy to have our pastor back on Sunday for the 11:30 service. Our senior choir sang. Tot choir sang two selections for the morning service. The day was high day for Mt. Zion. At 7 o'clock memorial services was held for Mattie T. West. Rev. C. L. Elliott, Rev. James Miller were the speakers at 7 o'clock.

The famous Scruggs family rendered music at 7 o'clock. The offering was very good and we thank each and everyone for coming.

STOP HEART DISEASE
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HEART FUND

The Valley Four and Linda will present a program of Gospel Music on December 1, 1974 at 2 p.m. at Piney Ridge United Methodist Church, Pamplin, Virginia. Everyone is invited.

Cadet Attends Conference

WEST POINT, N.Y. Nov. 18 - Mike Belter of the U.S. Military Academy attended the 26th annual Student Conference on United States Affairs conducted at the United States Military Academy last week.

More than 200 students from nearly 100 colleges participated in three days of student discussion groups highlighted by addresses and panels.

The keynote address was delivered by Professor Richard N. Gardner, of Columbia University, presently a consultant to the United Nations Environmental Program.

Sponsors and speakers in the past have included such dignitaries as Dr. Henry Kissinger, General Maxwell Taylor, Professor Hans Morganthau, and Gov. Nelson Rockefeller.

The objective of SCUSA is to gather together future military and civilian leaders for an examination and discussion of selective aspects of American foreign policy without the restraints of formal debate. SCUSA attempts to develop in its participants an appreciation of the complex nature of the policy-making process.

The topic of this year's conference was, "The Realities of Global Interdependence."

Belter is the son of Mrs. Frank Carwile of Appomattox.

Hollywood

Rev. W. H. Elder delivered a wonderful Thanksgiving message to the people of Hollywood Church Sunday morning.

The Special Week of Prayer program for Foreign Missions will be observed at Hollywood Baptist Church Sunday afternoon, Dec. 1st at 2 p.m.

Mrs. Kenneth Deaner and girls spent a few days in Newport News with her brother, Mr. Ryland Mayberry and family and visited her mother, Mrs. Ioan Mayberry, who is a patient in the Riverside Hospital in Newport News. We are happy to hear Mrs. Mayberry is improving.

Mr. and Mrs. Bennett Gilliam of Farmville, spent a few days last week visiting Mr.s W. T. Covington and other relatives.

Mr. F. O. Covington and

Beckham

NOV. 25 - Mrs. Edgar Tuck and Mrs. L. E. Martin were Saturday dinner guest of Miss Eunice Martin and Mrs. Howlett Drinkard.

Sudnay dinner guest of Mr. and Mrs. Gibbs Martin were Mr. and Mrs. M. G. Martin, Jr., Mr. and Mrs. Alvin Reynolds and Mr. and Mrs. Alfred C. Martin, A. C. Michael and Edward. Visiting in the

Mrs. W. H. Wingfield spent Tuesday in Lynchburg visiting relatives and friends.

Mr. and Mrs. Joe Goin were visitors Sunday in the home of Mr. and Mrs. H. W. Jenkins.

We are very sorry to hear of the death of Mr. Paul Thornhill. We extend our sympathy to his loved ones.

Mr. and Mrs. Thomas Woodall and Lisa spent a few days last week in Covington with Mrs. Woodall's parents, Mr. and Mrs. Clarence Coffey and family.

Mrs. Kenneth Deaner and Mrs. Katherine Wingfield gave Mrs. Mary Bagby a surprise birthday Monday night.

Mr. and Mrs. R. M. Webb spent the week end in Lynchburg, visiting Mr. and Mrs. W. D. Morris and other relatives.

Mr. Alfred Almond visited Mr. F. O. Covington and Mrs. Mary Bagby Wednesday. Mr. Shafter Drinkard called in this home Friday. Mr. and Mrs. Kenneth Deaner and family moved into their new home on Rt. 2 during the week end. We welcome them into our neighborhood.

Mr. and Mrs. Jackie Woodall and daughter, Windy, were visitors Sunday afternoon of Mrs. Mary Bagby and Mr. F. O. Covington. Mr. and Mrs. Grover Beasley, Jr. were visitors in this home Sunday night.

afternoon were Mr. Carl Martin, Mr. Wayne Moore and friend, Rita, and daughter, Mrs. Geraldine Moore and Gwen.

Mr. Abner Martin of Richmond, and Mr. Malcohm Drinkad were Sunday dinner guest of Mr. and Mrs. Howlett Drinkard, Donald Lee and Miss Eunice Martin. Mr. Abner Martin is spending some time in this home.

Mr. and Mrs. Paul Burge visited Mrs. Beulah Goodbar of Monroe, Sunday afternoon.

Mrs. Clyde Moore and Mrs. Jimmy Guill spent the week end with Mr. H. O. Martin. Mrs. Thelma Racey of Lynchburg, visited on Saturday.

Mrs. Robert Morris and Melamie Morris recently visited Mrs. H. R. Moore.

Mr. and Mrs. Milard Zydron of Chesapeake, and Mr. and

Mrs. Watt Jostredski visited Mr. and Mrs. Schmutz and girls.

Mr. and Mrs. L. E. and Mr. and Mrs. Gardner visited Mr. Martin Sunday afternoon.

Mr. Ronnie Morris, and SU, is spending the at home.

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PES — PTA Honors Mr. Beale

Mr. Beale (top picture) was awarded a certificate from Statewide Insurance Company by Mr. Paulette. Mrs. Mary Ann Morris (bottom picture) PTA president, presented Mr. Beale with an engraved silver revere bowl in appreciation for many years of service to the community.

The Pamplin Elementary School PTA honored Mr. R. C. Beale at their November meeting for forty-four years of service to the county as a school bus driver. This number of years of safely transporting children to school has set a record according to Mr. E. A. Paulette, Transportation Supervisor, and Mr. E. Perry, of the Automative Club of Virginia.

Mr. Perry, guest speaker, reminded adults of ways they can contribute to the safety habits of children and made suggestions to parents about getting their children to and from school safely.

Modernistic Club News

Regular preaching service will be held at First Baptist Church at the 11: o'clock hour Sun., Nov. 24. Dr. W. F. Davis was in place with a fine message for those who attended the morning worship. Theme for discussion - "Meeting the Goodness of God." The message was in keeping with the approaching Thanksgiving period. The Rev. Davis gave a number of ways to give thanks to God, for His daily kindness and tender mercies toward each us. The sermon was very helpful and inspiring to all present.

Family music was rendered by the church choir under the direction of Sister H. P. James. A very liberal offering was taken. An appreciative number was present. There were some visitors in the audience. A welcome was extended to all by Pastor Davis.

Regular services were held at Promise Land Baptist Church Sunday at the 11: a.m. The Rev. R. Q. Lawing, Pastor, was in charge of the hour. We trust that the services were well attended, successful as usual. Music was furnished by the Senior Choir under the direction of Mrs. Ethan Fleshman.

At 3 p.m., at Pineview Baptist Church in Spout Spring, Rev. R. Q. Lawing was in charge of the annual service held here at the home. We do hope that all who attended enjoyed the services. Music was rendered by Mt. Shiloh Baptist Choir. Mr. and Mrs. Tyler are owners, and operate the Pineview Rest Home.

At 2: p.m. Springfield Baptist Church, a large number turned out to a choir feast, sponsored by the Junior Choir of the church. Those who attended the program gave an account of a great time. The program was very successful, both spiritual and financial.

The Gospel Four and Soul Searchers of Appomattox, took an active part on the program at Springfield Baptist Church Sunday, at 2 p.m. A number of Junior Choirs participated on the program.

The Rev. R. Q. Lawing and a part of his family will journey to Philadelphia, Pa., where Rev. Lawing will be the guest speaker Sunday, Dec. 1, 1974, at Trinity Baptist Church. The Rev. Cecil Gallop, a close relative of Mrs. Florence Lawing is the pastor of the church. We trust that the Rev. Lawing and those who accompany him, will have a delightful time in the great "City of Brotherly Love," Philadelphia, Pa.

We invite members and friends to worship at Galilee Baptist Church Sun., Dec. 1, 1974 at the 11: a.m. service hour.

Church School will be held at the 10: a.m. hour. Supt. J. A. Watson will be on hand to welcome one and all.

The community is sending up special prayers for the sick here and elsewhere. The community hopes that the following who are patients in Lynchburg Marshall Lodge Hospital may soon return to their love ones: Mrs. Louise Watson and Mr. James Reed.

The church and community are sending up prayers for Mrs. Lora Stevens, who journeyed to Baltimore, Md. with her son James and is a patient in a hospital there. We are hoping all the sick and shut ins may soon return home to their relatives and friends.

In and out of Town

Mr. and Mrs. George Martin, Sr. spent the week end in Eden, N.C. while in Eden, N.C. they were guest of their dear friends, Mr. and Mrs. Thomas Martin.

Mr. and Mrs. George Martin, Sr. attended Gamma Beta Sigma Chapter - Phi Beta Sigma Fraternity Inc. fall friendship formal dance, Nov. 22, 1974 at The Royal Villa of Greensboro, N.C., 310 West Meadowview Road - 9 p.m. - 1 a.m.

The Martins enjoyed their visit with friends of long standing very very much.

Deacon and Mrs. Wm. Bruce and children of Richmond, Va., visited their mother and grandmother, Mrs. Ada W. Nowlin. Mrs. Nowlin enjoyed her guest very, very much. Mrs. Gladys Cheatham and brother, Mr. Monroe Patteson are visiting their relatives in Historic Appomattox. Mrs. Cheatham and Mr. Patterson are the children of the late Mr. and Mrs. Charlie Patterson formally of Evergreen.

Mr. and Mrs. James H. Watkins, of Baltimore, Md., visited their brother-in-law and sister, Mr. and Mrs. Julian Hamlet Sunday. The Watkins and Hamlets had a great time Sunday, Nov. 24, 1974.

Mesdames Lucile Martin, Lillie Stevens and Miss Helen Stevens visited Mrs. Louise Watson Monday. Mrs. Louise Watson is a patient in Lynchburg General Hospital. Hope for all a pleasant Thanksgiving Day.

See you next week!!!

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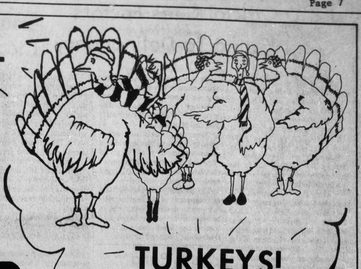

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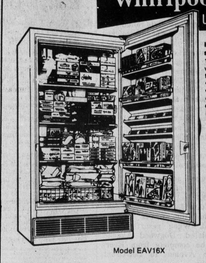

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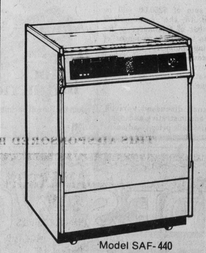

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